

WITNESS

We came to earth to live a joyful life. But we're only getting temporary happiness through wealth and successes, not eternal bliss. To experience this eternal bliss, supreme joy, contentment, and compassion, you need to transform into a witness. I'll explain how to do this now.

In any experience, there are three things: the observer, the observed, and the connection or feeling or experience that binds them. The observer and the observed are two parts of the witness. Only when they merge, dissolve, and become one in the experience, does the witness truly emerge for the first time. Note that the experience here refers to any feeling, whether positive, negative, or neutral.

Many people think that the observer is the witness. But in reality, the observer is not the witness; the observer is only a part of the witness. When the observer thinks it is complete, problems arise.

The observer is the doer, and the observed is the object. The observer observes external objects from outside and also observes the body from inside. When the observer becomes formless, the division between inside and outside disappears, and the witness awakens.

You cannot practice the witness state in a gradual manner. If you try to practice it, you are only practicing observing. So, what should you do to attain the witness state? Allow the doer and the object to dissolve in the experience of the moment. For example, when you see a rose flower, forget that you are seeing an object and that you are the one seeing it. Allow the joy of that moment to engulf both of you. By doing so, you and the rose flower become one in the bliss, without remaining separate.

Whatever you perceive through your senses, try to become one with it. Allow this experience to happen again and again. The more it happens, the better. Because this is not an art, but a skill, a knack, a genius, a trick. You need to learn how to achieve it through skill. Once you experience it, you can arouse it at any moment, anywhere.

When the witness arises, there is no one left to observe, and nothing left to observe. Only pure consciousness and pure energy remain. This skill is not a static process (but a dynamic process of separation to union, constantly happening). It's a lively process of flowing with unity, transforming, merging, and dissolving. The rose entering you, you entering the rose - it's like

two existences sharing what they have with each other. This is only possible when they accept each other's existence.

Forget the idea that the observer is the witness. Observing can be practiced, but the witness happens, and it happens naturally. Observing is a kind of concentration. The more you observe, the more your ego becomes solidified. The more you observe, the more you feel separation and distance.

Scientists observe, but mystics are witnesses. Scientists observe everything intensely, but they couldn't know God. Despite their intense observation, they couldn't find the trace of God. Because the more they observe, the more they become separated and distant from this existence. Then the bridge that connects both gets destroyed, and walls are built. As a result, they get stuck in their own ego. Here, a mystic means someone who knows the hidden God and divine power.

The mystic remains a witness. But remember, the witness is a by-product that happens. It's the result of being totally present in every moment, every situation, and every experience. So, forget about observing. It gives you clear information about what you want to know, but you completely forget about your own consciousness and remain the same.

Science is related to the object, art is related to the subject or doer. But religion or spirituality is not related to either of them. Religion is the union of the doer and the object, it's the union of the inner male and female. The disappearance of the dualistic division is what religion is. In religion, the dualistic energies that have taken on forms, leave their forms and merge innocently, purely, and dance together in union. That union is the witness.

Here, the object of observation can be anything in this world, or anything in your body, mind, or heart. That is, understand that the observer's union must happen not just with good, but also with bad. In other words, your union with bad qualities should also happen, and through that, the witness should arise. Only then will you find a solution to any problem.

For example, if you are feeling depression be with it, and see what happens. You can't stay depressed for a long time. Nothing in this creation is permanent except God-divine power. This manifested creation is always changing and evolving. This creation does not change the law it has created for itself. Therefore, you can't stay depressed forever, because everything is always moving and changing.

Creation won't violate its own law to keep you in depression forever. If you observe depression correctly, you'll find that it's changing and renewing itself with each passing moment. So, spend

some time with it without doing anything, and just observe it. Only when you accept it as it is without doing anything will the transformation between the two begin.

Then experience the depression, taste it, scold it, cry, praise it, play with it, offer your love to it, and become one with it. If you tune yourself to the changing depression in various ways, suddenly your union with depression will happen. Then, pure awareness or the witness will emerge from it.

Those who accept depression cannot remain depressed. Depression remains the same and you try to get rid of it only when you have a rejection attitude towards it. So, recognize this impermanent nature in everything. Also, read the topic 'Guide' to know how to unite with the evil power of suffering and how to transform suffering into supreme bliss.

Many people tell me that they are in awareness, they are in witness, but the problem and the fear associated with it remain the same. I tell them that if you are afraid of the problem you have or if it is affecting you in any way, it is not the right witness state, meaning you are only an observer, not a witness. I say that only when you see it as divine, remain unaffected by it, transcend it, remain in a blissful state, and are comfortable in it, is it the right witness state.

For example, when you want to learn swimming, you first see the water and feel afraid. But when you courageously jump into it, you initially feel scared and anxious. Yet, you continue trying and even take help from others to learn.

Once you learn, your fear of water disappears, and you become one with it. Then, you can comfortably float on it like a ball. This state of floating, this state of being untouched, is what I call the witness state. Your goal is to be with it without any fear. No matter how long you observe the water without jumping into it, your fear will remain the same. Even if you walk along the river and reach the ocean, your fear will only increase instead of decreasing. Because the ocean has infinite vastness and infinite depth.

The thing to understand here is that your union with everything doesn't happen immediately. You easily unite with things you like, but you don't unite with things you dislike. You have a dislike or fear towards them. So first, know about these things. When do they become enemies, when do they become friends? What are the advantages and disadvantages from them? Know these things by experiencing and observing.

Every form of energy has both a helpful and harmful quality. The more you experience the helpful quality in disliked things, the more your union with them happens.

Understand that you, who are accustomed to enmity with evil forces, will only dare to unite with them after gaining the knowledge necessary to make friends with them and increasing your faith in them. Like a film director, you will remain untouched by likes and dislikes and unite with them.

That is, just as scientists observe objects and phenomena without personal involvement, you too must observe without personal involvement to gain knowledge. Similarly, to know who you are, you must observe yourself without personal involvement with objects. Note that in both cases, the separation between you and the objects remains, so this knowledge gives you only temporary happiness. Only when the union happens between you and the objects do you get eternal bliss. Therefore, understand that yoga is greater than knowledge.

Understand that your journey should progress from enmity to friendship, and from friendship to unity. Even if you are friends, you will only get temporary happiness because the separation still continues. Also, friendship can turn into enmity at any moment. Only when you reunite and become one will you get eternal bliss.

Finally, what I want to say is that union happens with whatever you are creative with. So, the question here is not what you are doing, but how you are doing it. The ultimate question is whether you are doing it or allowing it to happen. If you allow union to happen, when creative union happens, you will suddenly become a witness. The seer and the seen, in the experience between the two, when both become one, it happens.

In one sentence, experience the body, mind, and heart, made up of the five elements and three gunas, as a whole. That is, experience the 50% immovable space and 50% movable earth, water, fire, and air elements, along with the three gunas, simultaneously. Experiencing in this way will fill you with ultimate bliss and provide solutions to all problems.

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